



# Companion

September 2005

*Hospice of the Rapidan* is a not for profit, community based organization providing skilled medical care, social, grief and spiritual care for people with a limited life expectancy and their caregivers

**Virginia Licensed, Medicare & Medicaid Certified**

*Serving the counties and their citizens of Fauquier, Culpeper, Orange, Madison and Rappahannock*

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[www.hotr.org](http://www.hotr.org)

**Founded 1983**



## Hospice,

### The Mark of a Caring Community

Since its appearance in the 1970's the hospice movement has graciously provided the population of the US with a concept of care that treats the person, not the disease.

Further, hospice emphasizes quality of life, not the duration. In hospice, a team — specially trained in pain management and end-of-life concerns—works with patients and their caregivers to develop individualized plans of care designed to ease the patient's physical and emotional pain.

Hospice care neither hastens nor postpones death, but exists in the hope and belief that, through appropriate care, patients with life-limiting illnesses may live their remaining days, pain-free and with dignity and their families may grow, accept and find their own beginnings.

Because our society here in the United States recognizes the importance of the hospice movement, and the role hospices play, November has been proclaimed National Hospice month. During all of the month, Hospice of the Rapidan is preparing to take the message around the coun-

ties of Fauquier, Culpeper, Orange, Madison and Rappahannock.

If you would like a presentation to your civic group, club, church class, or even to share for a church service, we have gifted speakers all too happy to come and share our message. We can speak on a number of important topics including An Introduction to Hospice, Helping Others Through Grief Support, Volunteers and Hospice, and the Importance of Advance Medical Directives.

To schedule a speaker for your event, contact Pete Hutton at 540.825.4840. We'll do our best to accommodate your needs and desired date. If you'd like to know when we're speaking in an area near you, just send Pete an e-mail at [phton@hotr.org](mailto:phton@hotr.org) and he'll make certain you know the time, date and place near you.

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Come visit with Hospice staff at one or more of the following events!

**October**

**Thursday 6th, 2005**

Harvest Fest in Orange near the *Holiday Inn Express*

**Saturday 8th, 2005**

Remington Street Festival in *Remington*

**Saturday 22nd, 2005**

Alive and Kicking at the *Fauquier Hospital Conference Center*

**November**

**1st-30th, 2005**

Look for the Hospice display in all libraries in Fauquier, Culpeper, Orange, Madison, and Rappahannock counties, in observance of *National Hospice Month*

**Saturday 5th, 2005**

Healthy Culpeper—*Culpeper County Library*

**Thursday 17th, 2005**

*Culpeper County Library 1-2* and 7-8 PM. Medical Social Workers will be sharing on Advance Medical Directives. For more information and registration, call Hospice of the Rapidan office, 825.4840.

**Wednesday 30th, 2005**

Lighting the Tree of Commemoration *1200 Sunset Lane, Culpeper, 6 PM*

**The Costs of Grief in the Workplace**

In the workplace, grief can be experienced in various ways. Indeed, the process of grief is unique and unpredictable. The serious illness or even the death of a staff member, or the death of a staff member's loved one is a significant loss that needs to be addressed. Even though you may not know the person who has died, the survivor is your co-worker and colleague.

The American Hospice Foundation states, "Half of all people affected by death this year will be in the workplace during the grieving process." All of these grief-related issues have a consequence in the workplace, including a significant impact on morale and productivity. In fact, it has been estimated by the *Wall Street Journal* source that grief-related issues cost U. S. companies more than \$75 billion annually.

**Hospice of the Rapidan offers support and assistance.**

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Healing, like grief itself, is a process, not an event. The process of healing occurs in a caring environment of open expression, empathy, and encouragement. Your business or agency can help fellow staff members who are grieving by demonstrating genuine "organizational compassion" in

responding effectively to issues of grief and loss in the workplace.

As a vital community resource in end-of-life care provided by Hospice of the Rapidan, we contribute to the well being of our community by addressing the important issues of grief and bereavement. We wish to offer you and your staff guidance and a comforting presence, as well as coordination of other helpful resources, with your workplace grief and bereavement needs.

Reaching out to address the needs of staff coping with grief is good business. Contact our Bereavement Care Coordinator, Craig Wilt, at 540.825.4840 for assistance and support. You may also write him a note at [cwilt@hotr.org](mailto:cwilt@hotr.org).

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Hospice of the Rapidan understands that, just as grief is unique, it is important that the response to each situation of grief should be considered individually and personally. This is a free service provided by us in helping you address the many challenges that arise when grief comes to the workplace.

**Raffle Donors Pick Redskins Tickets Winners**



**Nancy Garrett and Ann Mattingly, donors of the two sets of four tickets are shown drawing the winning tickets.**

The winners are **Stephen Hemmer** of Culpeper and **April Blackwood** of Alexandria. They'll each get four prime tickets plus a parking pass. Hospice of the Rapidan extends to Nancy and Ann our sincere appreciation for the very generous donation of these tickets and passes. For those who participated in the raffle, thank you so much for making this one of our best fundraisers ever.

## Commonwealth Employees and Employers Who Match Gifts

If you work for the Commonwealth of Virginia or some city and county governments, your Hospice of the Rapidan participates in Combined Virginia Campaign campaign. You can list us as one of the agencies you choose to designate. Our listing is **CVC Code 3785**. We gratefully appreciate your naming us as a designee.

For those of you who work for companies or organizations which match employee giving, we appreciate your letting us know your employer partici-

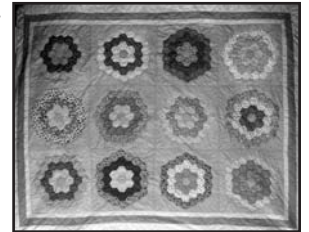
pates and thank you for completing the necessary paperwork to maximize your gift. In many cases, your contribution is matched which makes your gift multiply.



**VOLUNTEERS NEEDED!**

## Dolley Madison Quilters' Guild Benefits Hospice

The ladies of the Quilters' Guild in Orange, Virginia, have made a beautiful quilt which they are raffling on **November 22**. The proceeds benefit Hospice of the Rapidan. We so gratefully acknowledge all the time, tender love and care that has gone into making this quilt. This beautiful work of art features "Grandmother's Flower Garden" blocks. Tickets are \$3 each and be purchased at the Hospice of the Rapidan office.



## Letter from the Director

Fall is quickly approaching. An important time for Hospice of the Rapidan is November, National Hospice Month. Now some of our friends of Hospice of the Rapidan may not be aware of this month's observance, so here is some information about that month and what you can do in recognition of it.

This is a time that we use to reach out to our community and to let you know more about what we can do for folks. It is also a time to inform community members about advanced directives and to encourage folks to engage in conversations that are not so comfortable. These conversations are about what it means to have good end-of-life care. This is a scary time for folks! We do not want to talk about it. "We are not going to die." The wish I hear most often is "I just want to go to sleep some night and not wake up the next morning". The reality is that for most of us, this wish will not come true. The road to the end of our life can be a bumpy one. It can be filled with much stress, anxiety and sadness. But, there are ways to minimize that stress and anxiety not only for oneself but also for our loved ones. We can start talking now—to our loved ones, to our health providers and get informed and make some decisions now—before the crisis hits.

There will be plenty of opportunities to learn the how and why in November. There is already a date set up for November 17th at the Culpeper County Library to speak about advanced directives. We also have staff trained and ready to come to your club, church or civic group to speak on a variety of topics related to end-of-life issues.

Before the month begins, though, allow me to share a myth many have about hospice care. The myth is: **You have to be near death to receive hospice care.**

The truth is we are able to help most when asked into a home well in advance of the patient's death. Medicare, which covers hospice care, requires the patient's doctor to certify that the person has six months or less to live. However, sadly, statistics show hospice is called in much less time than that to work with the family and patient. The more time hospice has, the more they as a team can help the patient and loved ones to deal with all the issues that arise during this difficult time.

So read on and learn more about what we at Hospice of the Rapidan are doing now and for the future. We continue to work hard for this community to ensure quality, comprehensive and compassionate end-of-life care and do hope that in November you will give to your loved ones by finding out how you can make decisions about your health care and end of life, now. And visit our website, [www.hotr.org](http://www.hotr.org).

**Kathy Clements, RN, CHPN**

# Hospice of the Rapidan Announcements

## ON-LINE AUCTION

Beginning October 1st, Hospice of the Rapidan is conducting an on-line auction and the good news is you don't even need to leave the comfort of your home or office. Never tried an on-line auction, well here's your opportunity.

We'll have some vacation packages, week-end get-away opportunities, toys, dinners for two, and so much more. Even if you join us in the early part of October, you'll want to return to our site several times to see how your bid is doing and to see what's new. We'll be adding items all along the way. One of our featured prizes is a weekend in New York City sometime between Thanksgiving and Christmas. The winners will have dinner with Mr. and Mrs. Charles Osgood. Charles is the host

of **CBS SUNDAY MORNING** program. Also included are a hotel room for the night, breakfast the next morning, a tour of the city, and the opportunity to watch Charlie do his Sunday show on CBS. It will be a great time to be in The Big Apple, to see the huge tree at Rockefeller Center, Macy's, and all the citywide decorations.

So make plans to join our auction. You can go to our website, [www.hotr.org](http://www.hotr.org) and see the link on our home page to the auction. And if you have something you'd like to donate for the auction, it's not too late. Just send Pete Hutton an e-mail at [phutton@hotr.org](mailto:phutton@hotr.org) or call him from 8:30am to 4pm EDT. Virtually anything can be donated including meals, merchandise, toys, travel, or even cosmetic surgery.

## NEW & IMPROVED WEBSITE

Have you had a chance to check out our website lately? There are just all sorts of interesting things there. Soon, we'll have a list of books to help people better understand death and dying plus also the topic of grief. You'll also have an opportunity to give on line.

Be sure to click the buttons on the website and see how involved Hospice of the Rapidan is in reaching the community. Feel free to offer suggestions of improvements you'd like to see. This is after all your site to help you and others learn more of the services we provide.

## Honor a Loved One at the Lighting of the Tree of Commemoration

The annual tradition of lighting an outdoor tree at holiday time continues here at Hospice of the Rapidan. The lights on the tree may be purchased in honor of a special friend or family member in your life or in memory of a love one who has died.

For those who have been reading *COMPANION*, you may recall the ongoing saga of the beavers of Yowell Meadow Park, in Culpeper, who have with some regularity, chewed our trees down. This has happened once again, and yet another tree is gone. We've decided it's best not to upset the beavers, and we've chosen another location, and in fact, another tree.

We will have the lighting at 6 pm, in front of the Hospice of the Rapidan office here in Culpeper. There'll be music, refreshments and an opportunity for those who'd like to come and tour our offices. We are counting on a number of you coming to help us celebrate this now traditional event and enjoy the fellowship of other friends of Hospice of the Rapidan. If you need directions to our office, visit our website at [www.hotr.org](http://www.hotr.org) and click on Directions.

The lights may be purchased for \$10 per light and you will be receipted for your purchase as a charitable donation. Proceeds from the sale of lights goes toward our Good Samaritan fund, which covers the cost of hospice service for those patients

who have no insurance coverage. While many of our patients do have coverage, many don't. But because you and others in the five counties we serve (and even outside the area) give, we can provide the same quality service to those who aren't insured as we do to those who are covered.

To purchase your light, please complete the form on the enclosed card and the envelope provided.

